

# Cinnamon Vanilla Granola

**Makes:** 8 Servings

If you've never made homemade granola, you might be surprised at how a few simple ingredients like oatmeal and honey turn into a tasty, satisfying, whole-grain snack!

## Ingredients

**2 tablespoons** honey  
**1/2 cup** water  
**2 tablespoons** vegetable oil  
**4 cups** uncooked rolled oats (oatmeal)  
**1 teaspoon** vanilla extract  
**1 teaspoon** cinnamon  
**1/4 teaspoon** salt

## Directions

1. Preheat oven to 275°F.
2. Mix honey, water, vegetable oil, vanilla extract, cinnamon, and salt in a large bowl.
3. Stir in oats; mix well.
4. Spread mixture on a cookie sheet, making a thin layer.
5. Bake for 20 minutes. Remove from oven, stir mixture well and return to oven.
6. Bake 20 more minutes and stir as before.
7. Bake 5-20 more minutes, until granola is golden brown.
8. Break into small pieces with spatula.
9. Cool and then store in a covered container.

## Notes



## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>202</b>
<b>Total Fat</b>	<b>5 g</b>
Saturated Fat	3 g
Cholesterol	N/A
<b>Sodium</b>	<b>76 mg</b>
<b>Total Carbohydrate</b>	<b>32 g</b>
Dietary Fiber	4 g
Total Sugars	5 g
Added Sugars included	4 g
<b>Protein</b>	<b>5 g</b>

Children under the age of one should not consume honey.

Colorado State University and University of California at Davis. Eating Smart Being Active Recipes.